



Jordan Kettlebells cast 4-40kg (JTKBC3)



Available while stocks last

Cast iron kettlebells from Jordan (price from 4kg kettlebell)

CHF 15.00

Application:

The main aim of training with kettlebells is to build functional strength, explosive power and stability and to strengthen the cardiovascular system as well as tendons and ligaments.

The exercises have a particularly beneficial effect on core strength in the lower back and hip area. For these reasons, kettlebells are particularly popular with strength and martial arts athletes who rely heavily on functional strength, explosive power and strength endurance.

The benefits cited are not only the increase in functional strength, but also the achievement of a high level of all-round fitness, stamina, flexibility, coordination and body control. In the USA in particular, kettlebell training is also advertised with the promise of rapid fat loss.

Typical exercises with the kettlebell are

swinging the kettlebell between the legs with one or both arms,
snatch,
clean
and jerk.

You train simultaneously with a kettlebell:

- Strength endurance
- cardiovascular endurance
- agility



- speed
- coordination

Note:

Training with kettlebells is not without danger. The use of centrifugal force (swinging the kettlebell) creates extremely high forces, especially during dynamic exercises. The risk of injury is high. Correct breathing and learning the correct training technique are essential.

Color: black

Price per piece

Versions:

4kg CHF 20.--
6kg CHF 32.--
8kg CHF 42.--
12kg CHF 63.--
16kg CHF 84.-- - sold out
20kg CHF 105.--
24kg CHF 126.-- - sold out
28kg CHF 148.--
32kg CHF 169.--
40kg CHF 218.-- - sold out